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HALIFAX

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Tuesday, September 21, 2010
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RYAN TAPLIN/THE CANADIAN PRESS

Stoffer switches gun vote

► Stoffer still against long-gun registry, but will vote to save it ► No pressure from Layton or other MPs, he says ► Bill C-391 author says it will likely die in vote

Peter Stoffer said yesterday his decision to vote to save the long-gun registry was made without pressure from the NDP.

"Under no circumstance has the leader of my party or any member of my party, past or present, cajoled, coerced, twisted my arm ... in order for me to change my vote," the Sackville-Eastern Shore MP said yesterday.

The NDP could not successfully sway him at any rate, he added.

"In the twilight of my career, there's very little a leader or a party can do to an individual."

Stoffer told reporters yesterday at his constituency office in Fall River he will vote to kill Bill C-391—a private member's bill that aims to scrap the long-gun registry—when the motion comes before Parliament tomorrow.

The bill's author, Manitoba MP Candice Hoeppner, said yesterday Stoffer's announcement likely signalled the end of C-391.

Stoffer explained while he remains "adamantly against" the long-gun reg-

"I can only hope ... that the leaders of all four parties will get together and work out a solution that is respectful of all Canadians on this issue."

NDP MP PETER STOFFER

istry, an informal poll cobbled together from emails, phone calls, and conversations with his constituents found that 62 per cent support saving it.

"A majority of my constituents have indicated to me their personal view that the registry should be saved, even though I completely disagree with them," he said.

Stoffer said the debate is no longer about the long-gun registry, but about what he calls "wedge politics of the worst kind."

"This is not an urban/rural issue. This is not a gender issue," he said. "I'm quite dismayed that people would put it in those camps."

● ALEX BOUTILIER



► Sackville-Eastern Shore MP Peter Stoffer announces his intention to change his vote on the gun registry during a press conference yesterday at his Fall River office.

Timing's off: Stoffer

► Speaking to reporters yesterday, Peter Stoffer questioned the timing of a press conference held by Halifax Regional Police Chief Frank Beazley and Halifax RCMP Supt. Darren Beaton last week.

► Beazley and Beaton, along with women's advocacy groups and health-care representatives, spoke out in support of the registry

at the press conference.

► Stoffer said he had the upmost respect for Beazley, but wondered why he did not speak out earlier. "The Conservatives said very clearly, if elected, they'd get rid of the registry," said Stoffer. "Yet in 2006, these fine people didn't say anything. In 2008, they didn't say anything."

► Beazley said last week he has supported the registry since its inception.



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Incidents fray student's nerves

Another sleep-watcher incident shook up several young university students yesterday.

The incident happened in Alisha Glogowski's apartment building on Wellington Street in Halifax.

"It's pretty crazy. I was shocked it happened so close to home," she said, adding she didn't know the women who were victimized.

After the incident, Glo-

gowski and her roommates went through their apartment and locked all the windows and doors.

With swarms and sleep-watchers, Anne, who didn't want her last name published, said she doesn't walk alone at night anymore.

Anne said she's lived in Montreal, Ottawa and Vancouver and felt safer in those cities than in Halifax.

"I'd rather walk

through the east end of Vancouver than here," she said.

"They'll approach you here."

She said she's worried because the sleep-watcher incident on Sunday morning was one of many in the last few years.

"It happened close to my house and it freaked me out," she said.

There were 15 incidents between September 2008 and September 2009 in

Precautions

A spokesman for Saint Mary's University, near where the incident happened, said staff put up notices around campus

the south end.

"It's worrisome how frequent it is," Anne said.

Before Sunday's incident, the most recent was in June when a woman living on Chestnut Street

yesterday and will add a warning on the school's website.

Police are warning people to make sure their doors and windows are locked.

awoke to a man touching her.

The man entered through an unlocked door and escaped after the woman awoke.

● JENNIFER TAPLIN

Sleep-watcher shakes south end

► Sleep-watcher hard to catch due to lack of detailed witness descriptions, delays in reporting incidents: Police



JENNIFER
TAPLIN
@METRONEWS.CA

A man crept in and watched three women as they slept on Sunday night.

He allegedly touched two of them.

The women were sleeping in separate bedrooms in a Wellington Street apartment in Halifax's south end when police say they were awoken by a strange man in their rooms.

Police spokesman Const. Brian Palmerter said there was confusion because there was a party that night and the women thought the man might have stumbled into the wrong room.

"The girls thought the male was a guest of one of the other roommates and

"The fall is the predominant time that we've seen (sleep-watcher incidents) ... we don't know if it's because every fall there's a new influx of new students."

CONST. BRIAN PALMETER

realized he wasn't when one of the females recognized that he didn't belong there," he said.

The suspect is described as a white male, 20 to 25 years old, five-foot-10 with a medium build, dark hair, and a neck warmer covering his face. Police say he entered the building by removing a screen from an



► Police are on the lookout for a sleep-watcher after responding to a call early Sunday morning on Wellington Street in south-end Halifax.

open window and left out the front door.

It happened at about 3:30 a.m. on Sunday and

was reported to police at 12:30 p.m.

While the description of the suspect is similar to

the ones given previously in other sleep-watcher cases, Palmerter said they might not be related.

1
news



News on the move

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Allan Small details the hazards of too many stock analysts giving out too much advice. More at metronews.ca/investing

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Nova Scotia: Foodie travel destination?

► Culinary experts from 13 countries in town ► Delegates talking about how to encourage culinary tourism

Lobster, blueberries, wine — Nova Scotia has a lot to offer the culinary tourist, but experts say more can be done to get them here in droves.

Speaking at a World Culinary Tourism Summit in Halifax yesterday, Janice Ruddock with Taste Nova Scotia said tourists should know they're in a culinary paradise as soon as they arrive in the province.

That means having local food on hand at the airport, train station and visitor centres.

"Culinary is important to us and when people come off the plane they should have a taste of Nova Scotia," she said.

Ruddock added the province needs to host more international culinary events to draw people who love food.

One of the speakers for today on the final day of the summit is Carol Silkes,

"People are finding when they go away they have to eat, but they want to have something that's local and experience our culture."

JANICE RUDDOCK, EXECUTIVE DIRECTOR OF TASTE NOVA SCOTIA

an expert on farmers' markets from the University of Memphis. She suggests farmers' markets are full of tourism potential.

"People think farmers' markets are just for the local community, but when you're talking about culinary tourism and people who want to experience a destination, there is no better place," she said.

Chefs could lead tours through the market then head back to a kitchen and cook up a local dish, she added.

JENNIFER TAPLIN



► Meredith Versteeg picks raspberries at her family farm in Hardwood Lands in this file photo from July.

Hundreds stay home in wake of death threats

Hundreds of students were missing from class at Cobequid Educational Centre in Truro yesterday, a day after alleged death threats or violence were posted on Facebook.

"A lot of people aren't here today because of the threat," Grade 11 student Justin Crawford said outside the school.

Police said the alleged threat was posted on an individual's page on the pop-

ular social networking site and became part of a Truro police investigation when they were notified about the threat at 3 p.m. on Sunday.

They arrested a 21-year-old Truro man at his Willow Street apartment six hours later. Police confirmed no firearms were seized during the arrest.

"Everybody is kind of freaked out about it," Grade 10 student Rhian-



► James David Weatherbee leaving court yesterday.

TRURO DAILY NEWS

non Cullip said. "They think it's stupid that nobody really came to school today."

James David Weatherbee, 21, is charged with knowingly conveying death threats to students, staff and faculty at the Cobequid Educational Centre. He is also charged with being at large on a previous court undertaking.

TRURO DAILY NEWS

Suspect

- James Weatherbee was released from custody after agreeing to a number of conditions, including he immediately be taken for a mental health assessment.
- Weatherbee is further prohibited from going to any public school and is not allowed to use the Internet.
- He is to return to court Oct. 20 for election and plea.

RCMP charge four with drunk driving

It was another busy weekend for Halifax RCMP when it came to impaired drivers.

Four people were charged with impaired driving from Friday night through Sunday, while another person was handed a 24-hour suspension.

The previous weekend,

Halifax RCMP laid charges for impaired driving in six separate incidents.

From this past weekend, men aged 25, 33, 39 and 47 were each charged in separate incidents, one of which led to an accident as a vehicle hit a traffic sign.

METRO HALIFAX

More tickets released

Additional seats have been added to tonight's Celtic Thunder show at the Halifax Metro Centre due to demand, Sonic Concerts said yesterday. The Irish group will take the stage at 7:30 p.m. Tickets cost between \$52.50 and \$62.50.

METRO HALIFAX



► Celtic Thunder.

Vandals destroy Terry Fox mural

When creators of the Terry Fox mural in Brookfield included his quote "It's got to keep going without me," this isn't what they had in mind. Sometime Friday night, vandals tore the full-body decal depicting Fox running from the painted mural, leaving the

community sickened by the act, especially since it came just days before the 30th anniversary of his legendary Marathon of Hope. "I'm very emotional about it," said Jackie Burnett, a member of the Brookfield and Area Terry Fox Committee. TRURO DAILY NEWS

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News in brief

**Mamma Mia! comes to city**

MUSICAL. Mamma Mia! is coming to Halifax.

The smash-hit musical featuring music based on ABBA songs will perform five shows at the Metro Centre from Nov. 26 through Nov. 28.

One performance will be held on Friday, Nov. 26 (7 p.m.), two on Saturday, Nov. 27 (2 and 8 p.m.) and two on Sunday, Nov. 28 (1

and 7 p.m.). A package deal to see Mamma Mia! and Monty Python's Spamalot — which is performing at the Metro Centre on Oct. 16 and 17 — went on sale yesterday.

Tickets just for Mamma Mia! go on sale Saturday, Oct. 2 at 9 a.m., with prices ranging from \$55 to \$72.50, plus service charges.

• METRO HALIFAX

SMU prof gets Giller nod

AWARD. A Saint Mary's University professor has been nominated for the Giller Prize, Canada's most prestigious literary award.

Dr. Alexander MacLeod, a professor working in the Departments of English and Atlantic Canada Studies, is nominated for his collection of short stories, entitled Light Lifting (Biblioasis).

The 38-year-old is the son of acclaimed writer Alistair MacLeod.

• METRO HALIFAX

N.S. seeks advice on cutting drug costs

► Province to meet with pharmacies, doctors and others to lower prescription prices: MacDonald



ALEX
BOUTILLIER
@METRONEWS.CA

Ever-increasing costs and growing enrolment numbers have induced the province to hold consultations on its Pharmacare programs.

Health Minister Maureen MacDonald said her department will be meeting with stakeholders over the coming months to find ways to reduce drug prices for both patients and the government.

At a press briefing yesterday, department officials revealed a five-point plan to lower costs, including setting caps on the price of generic drugs, establish rules around price



► Andrew Buffet, pharmacist and owner of Crowell's Pharmasave in Spryfield, grabs a box off one of the shelves at his pharmacy in this file photo.

increases, as well as clearly defining the price paid by the province to community pharmacists for brand name drugs.

"Nova Scotians pay more for prescription drugs than people in other developed countries and some provinces," said Mac-

Atorvastatin

Atorvastatin — the generic form of the cholesterol drug Lipitor — is now available in generic form in Nova Scotia.

- Pay According to the Department of Health, Nova Scotians prescribed the drug pay \$82.88 for a one year prescription.
- Programs That's 81 per cent more than Ontario and 36 per cent more than British Columbia — two provinces who have recently revised their drug purchasing programs.

Donald, adding costs have increased for the government as well.

"As a province, we simply cannot afford to continue on this path."

HURRICANE**Igor bears down on N.L.**

Newfoundlanders are being warned to prepare for possible flooding and power outages as hurricane Igor barrels north toward the province.

A tropical storm warning for the southeastern portion of the province and heavy

rainfall warnings calling for up to 150 millimetres were issued yesterday as a weakening Igor brushed past Bermuda.

Igor pelted Bermuda with driving rain and powerful wind, but there were no early reports of major damage.

Environment Canada said sea swells of up to two to three metres ahead of Igor would pound the Atlantic coasts of Nova Scotia and southern Newfoundland for several days. THE CANADIAN PRESS

Fraudster gets 25 months

A Nova Scotia man has been sentenced on 24 charges related to a string of thefts and a fake fundraising effort.

Jeffrey Miner of New Glasgow was sentenced in provincial court yesterday to serve 25 months in prison.

The 36-year-old was charged with six counts of fraud, nine counts of theft, eight counts of breaching court orders and one count of resisting arrest.

The fraud charges stem from an attempt to sell phoney fundraising tickets for a sick child in December 2008.

Term

The 25-month prison term was recommended jointly by the Crown and the defence.

The thefts covered a six-month period earlier this year.

In handing down the sentence, Judge Del Atwood told Miner the fraudulent fundraising effort was particularly disturbing because it may make the public less trusting of legitimate efforts to raise money. THE CANADIAN PRESS

There are easier ways to talk about workplace safety.
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Create your own video at somanyways.ca and you could see it played at the movies, or even win 1 of 2 iPads.



Man to blame caffeine in murder defence

► Defendant tested negative for amphetamine-type substances shortly after the killing: Prosecutor

A Kentucky man accused of strangling his wife is poised to claim excessive caffeine from sodas, energy drinks and diet pills left him so mentally unstable he couldn't have knowingly killed her, his lawyer has notified a court.

Woody Smith, 33, is charged with murder in the May 2009 death of Amanda Hornsby-Smith, 28.

Defence lawyer Shannon Sexton filed notice with the Newport court of plans to argue his client ingested so much caffeine in the days leading up to the killing that it rendered him temporarily insane — unable even to form the intent of committing a crime.

Smith told Dr. Robert Noelker, a psychologist from Williamstown hired by the defendant, he remembers taking his children to school that morning.

But Smith remembers little else about the ensuing hours.

In the weeks preceding May 4, 2009, Woody Smith told Noelker he hadn't been sleeping, in part out of fear his wife would take their two children and leave him.

"The next several hours of Mr. Smith's life were described to me as if he were in a daze," Noelker wrote in a report.

THE ASSOCIATED PRESS

Caffeine defence

- Precedent A legal strategy invoking caffeine intoxication is unusual but has succeeded at least once before, in a case involving a man cleared in 2009 of charges of running down and injuring two people with a car in Washington state.
- Medical diagnosis Dr. Roland Griffiths, a professor of behavioural biology at Johns Hopkins University, has noted in a study that there is a diagnosis for "caffeine intoxication," which includes nervousness, excitement, insomnia and possibly rambling speech.



► A woman holds her newborn child after being discharged from a government maternity hospital in Katmandu, Nepal.

GEMunu AMARASINGHE/THE ASSOCIATED PRESS

UN to address fatal pregnancies

In Nepal and across the world are success stories in the battle against maternal mortality. But as the UN hosts a summit this month to review progress in easing the world's humanitarian crises, it faces a troubling reality: Hundreds of thousands of pregnant women still die unnecessarily every year.



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Google tightens email security

► Hackers to deal with six-digit code after password

Google is making it tougher for computer hackers and other imposters to break into email accounts and other password-protected services.

An additional security measure introduced yesterday will require typing a six-digit code after an account holder's Google password is entered. The codes will be sent to people's mobile phones.

The two-step login means it will take more than a password to get into

an account. After logging in, users can ask Google to remember that their identity has been verified on that device and security codes won't be required to get into the account again.

The system is similar to that employed by some banks for online account access. The extra protection initially will be offered to companies and government agencies subscribing to a Google service that provides email and other office applications.

Smarter phones

► Mobile security. Google has created a free security app for Apple's iPhone, RIM's BlackBerry and phones running Google's Android software.

People using Google's free Gmail service will be able to make the security codes part of their login process within the next few months.

THE ASSOCIATED PRESS



Google targets China

Google is hiring dozens of marketing and technical employees in China to defend a shrinking market share against local rivals after closing its Chinese search engine six months ago over censorship issues.

Market moment

TSX



Dollar



Oil



Natural gas



1 Google's name is a play on the word googol, which refers to the number 1 followed by 100 zeroes.

AP/WIDEWORLD/KELVIN TAN



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GETTING PERSONAL WITH PERSONNEL

She says ...

JESSICA NAPIER



Nothing spices up a boring work week like lustng after a good-looking cubicle mate.

Working in close proximity to a hunky colleague transforms a dull office environment into a flirtatious playground. And while some people might never get beyond innocent banter at the photocopier, there are more and more individuals turning their workplace crush into a full-blown romance.

Most of us spend 40-plus hours a week at work and, as a result, our offices have become the default place to meet potential partners. Mixing pleasure with business certainly has its

benefits. Who wouldn't want a standing lunch date or an opportunity to indulge in a mid-week (hump-day) quickie in the conference room?

But is coupling off with a co-worker always a good idea? Of course not. Intra-office love affairs may have their perks but a convenient fling could turn into a major career faux pas if you're not careful.

Before you take your office crush to the next level, brush up on the company's official policy when it comes to employee relationships. Is there something specific about this in the HR handbook or is it just "frowned upon"? Make sure you

have a clear understanding of the consequences before you risk your career for a tryst with a sexy desk buddy.

"Intra-office love affairs may have their perks but a convenient fling could turn into a major career faux pas if you're not careful."

workers. Then again, you have to realize that while you might try to keep it a secret initially, your colleagues will inevitably find out. When they do, you'll have to be ready for your private life to become hot gossip for the of-

fice rumour mill.

Ultimately, it's up to you to determine if the pros outweigh the cons when it comes to an after-hours romance. A serious love affair might be worth the trouble but a casual fling, while sexy and convenient, probably won't justify the potential fallout. Think about it — do you really want to spend eight hours a day working with your ex?

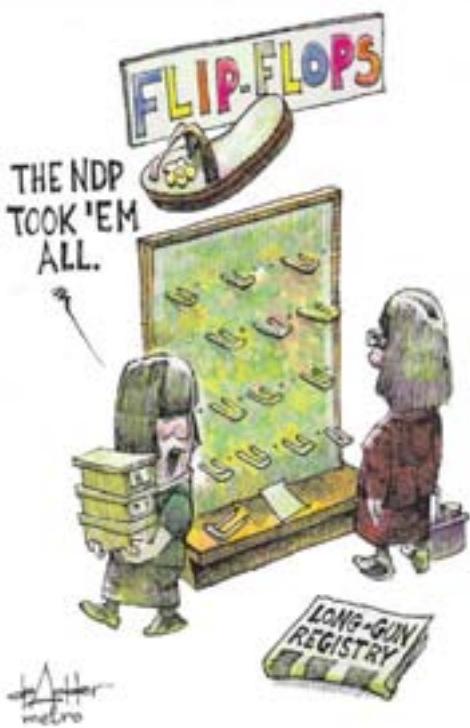
Sure, when it's good it might be really good — but if it all goes horribly wrong, you just might need to quit your job. Breakups are bad enough, but when you simultaneously lose a relationship and a paycheque the results can be devastating.



Read more of
Jessica Napier's columns
at metroneWS.ca/shesays

Cartoon

MICHAEL DE ADDER



Don't blame vegetarians

Letters & Tweets

Re: 5 worst foods (Sept. 20)

TORONTO. It's incorrect to blame tofu-eating vegetarians for the decimation of South American rainforests. The vast majority of the soy grown is used for cattle feed to produce beef, listed as your No. 1 worst forest food. As the United Nations' report Livestock's Long Shadow pointed out, the animals-for-food industry creates more greenhouse gas equivalents than all the cars, trucks, ships and airplanes in the world combined. On the other hand, a vegetarian or vegan diet is the best diet for minimizing one's ecological

Tree huggers



footprint. MICHAEL HAYWARD

VANCOUVER. With the recent debate on the gun registry, I have only one thing to say. I am tired of political posturing along party lines. I don't support the registry.

Every poll I have seen says it is useless; and I believe so as well. Can we all work together for once in-

stead of having the party brass dictate the outcome?

DAVID NAGY

We asked: What food can you absolutely not stand to eat.

TORONTO. I absolutely can't stand to eat okra.

JHOBELL FAUSTINO

What was your favourite game as a child? Why?

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Metro has the right to edit letters and submissions.

Metro Minute with Lawrence Hill

Canadian writer Lawrence Hill will be speaking at Dalhousie University tonight to discuss his best-selling and award-winning 2007 novel, *The Book Of Negroes*.

The novel is inspired by a historical document called *The Book Of Negroes*, copies of which are found in the Nova Scotia Public Archives as it relates

to slaves who requested permission into the province from the U.S., only to find further racist struggles.

Tonight's event is hosted by Dal Reads and begins at 7 in Ondaatje Hall at the Marion McCain Arts and Social Sciences Building at 6135 University Ave. The event is free to the public.

● METRO HALIFAX



► Canadian writer Lawrence Hill will speak tonight at 7 at Dalhousie University.



In brief



Paris Hilton acknowledged yesterday that she had cocaine in her purse and pleaded guilty to two misdemeanour charges stemming from her arrest last month at a Las Vegas hotel-casino.

THE ASSOCIATED PRESS



Stevie Wonder urges UN diplomats to pass treaty for helping the blind or face his musical wrath

THE ASSOCIATED PRESS

Scans me

Scans me</

DVD Releases this week

Buy it | Rent it | Borrow it | Yawn | Don't bother

**The Secret In Their Eyes****Genre:** Foreign**Director:** Juan Jose Campanella**Stars:** Ricardo Darin, Soledad Villamil

This riveting police thriller from Argentina, the Best Foreign-Language Film winner at the most recent Academy Awards, is more macho than a bullfighter's stance.

You can imagine Ricardo Darin's weary detective Benjamin Esposito being played by Al Pacino or Gene Hackman in their 1970s heyday, the decade where the movie is primarily set.

Juan José Campanella's film begins in 1999, but there are extended flashbacks to a 1974 crime investigation.

A quarter-century after his crime-busting heyday, retired investigator Esposito decides he wants to write a novel about an unresolved Buenos Aires rape-murder case that still haunts him. There may have been a travesty of justice.

He visits his former boss Irene Menéndez Hastings (Soledad Villamil), now a power-

ful judge, who is still a beauty and still a blend of fire and ice. Esposito had feelings for her that the years haven't dimmed.

They both have vivid memories of 1974, the year a husband returned from work to find his young wife raped and murdered. Esposito was a cocky young investigator then, teamed with a comical partner named Sandoval (comedian Guillermo Francella), who had to be pulled out of the bar every time he was needed.

The partnership provides some valuable comic relief, but this is no buddy-cop picture. As Esposito and Sandoval pour over clues new and old — including photographs that give the film its noirish title — they traverse dark alleys that bear the figurative flat footprints of a Popeye Doyle or Frank Serpico.

The Secret in Their Eyes takes turns that few could see coming. Consider yourself warned, but also intrigued.

Extras include a director's commentary and making-of featurettes.

PETER HOWELL

**In the days of bore****Robin Hood****Genre:** Action**Director:** Ridley Scott**Stars:** Russell Crowe

The swash buckles under the weight of heavy verbiage in Ridley Scott's well-intended but weakly executed retelling of the ancient woodland hero legend.

The avowed point of this umpteenth version of Robin Hood is to get back to basics, just as the James Bond franchise did so spectacularly with Casino Royale.

Indeed, Scott's vision is so down and dirty, his Robin (an unconvincing Russell Crowe) has to be told to take a bath at one point, because he smells so badly.

But it's hard to be simple when the characters are hobbled by Brian Helgeland's leaden screenplay, which clumsily combines historical fact about cross-Channel antagonism and British domestic concerns about excessive taxation and human rights with the almost complete fiction of Robin Hood and his romancing of Lady Marion.

Helgeland puts great gobs of exposition into the mouths of the actors while advancing the story at a snail's pace. Despite a running time of 2 hours and 20 minutes, the film ends at the point where Robin Hood is given his full name and recognition as a "rob from the rich, give to the poor" hero, which suggests that a Robin Hood 2 would be much more interesting than what's on view here.

The film is entirely back story, spending almost as much time building up Lady Marion (Cate Blanchett) as it does illuminating Robin's growth from abandoned child into the rebel challenger of cruel British monarch King John (Oscar Isaac), the man who will ultimately sign the Magna Carta of rights and freedoms.

Blanchett's Marion is ludicrously presented as a

12th-century protofeminist, fighting both French and British villains not just with the boys but almost as one of them. She radiates zero sex appeal in her encounters with Robin.

What few fight scenes there are suffer from an excess of confusing close-ups and a dearth of action. You may end up feeling robbed, and not the least bit enriched.

Depending on which package you purchase, extras include the unrated director's cut, deleted scenes and making-of featurettes.

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Clooney misses the message

► But it's loud and clear to girlfriend Elisabetta

George Clooney received a hero's welcome when he visited the tiny Italian hometown of girlfriend Elisabetta Canalis recently, according to People magazine, with crowds coming out to meet him and take photos. One of the residents of Trenuragh even handed the star a baby to pose with.

"He looked rather awkward with the 7-month infant in his arms, but he posed politely and carefully handed the baby back," a source says.

"One of the older women there shouted, 'Ora tocca a te!' [It's your turn now!]. Clooney obviously didn't understand, but everyone turned to look at Elisabetta. She simply smiled."

● METRO



Talking points

Has Seacrest found his idol?

DANCING. Ryan Seacrest is reportedly ready to propose to Julianne Hough, according to People. "Things are really heating up between them," a source says. "We have never seen him like this before."

For the first time ever, he is taking a second away from work. We never thought he would ever meet anyone he liked as much as he does working."

And Seacrest isn't the only one sold on the Dancing with the Stars star. "Ryan's parents adore her," another

source says. "She is smart, beautiful and funny but even more important, she has made their son happy. Now, they are just waiting for him to pop the question. Which could be any day now."

● METRO

Sandra getting out

PARTYING. Sandra Bullock seems to be enjoying being single again, as the Oscar-winner was spotted partying at Los Angeles gay bar the Abbey recently, according to X-17.

Bullock, who split from Jesse James earlier this year after his cheating came to light, was seen dancing and celebrating with a clutch of friends — including several shirtless men.

● METRO

Arrest warrant for Lohan

A Beverly Hills judge has issued an arrest warrant for Lindsay Lohan after the actress failed a drug test.



The 24-year-old has been ordered to appear in court Friday and is now facing possible jail time for violating her probation.

Officials at Los Angeles County Superior Court say a bench warrant was issued Monday for Lohan. However, authorities say Lohan won't be taken into custody pending the court hearing Friday.

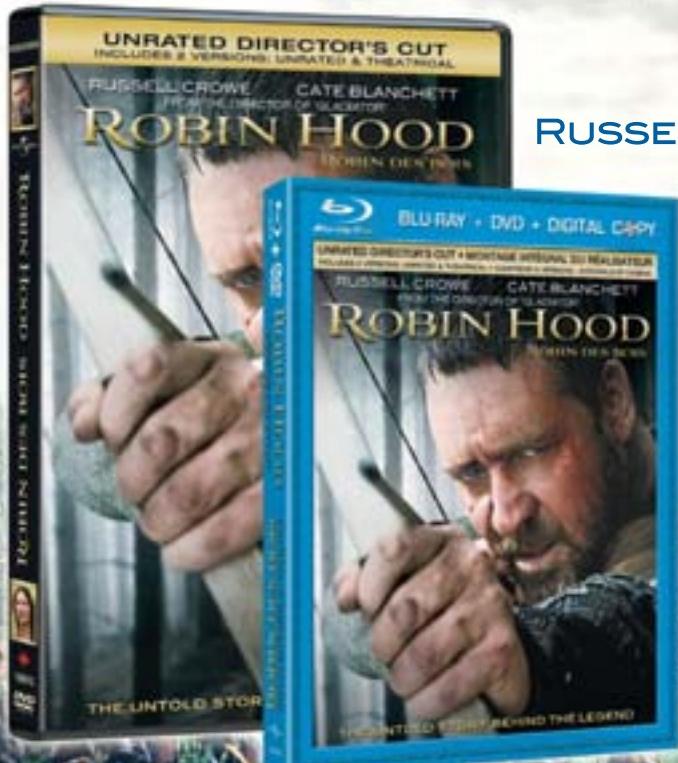
Lohan confirmed on her Twitter page last week that she failed a court-ordered drug and alcohol screening.

THE CANADIAN PRESS

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Safety Services Nova Scotia: your source for safety training and information

Safety Services Nova Scotia offers driver, motorcycle and scooter training programs

Road safety is an important part of Safety Services Nova Scotia's (SSNS) mandate.

"We not only teach people how to drive motorcycles and license motorcyclists, but we also offer advanced and refresher training," says Jackie Norman, the President and CEO of SSNS. "These programs continue to be popular."

Last year alone, 2,170 people benefitted from these exceptional offerings.

For motorcyclists, four courses are offered: novice motorcycle training, motorcycle refresher course, motorcycle advanced rider and scooter training.

These courses all give riders the skills they need to stay safe and enjoy their riding experience. Even for seasoned riders, it is a wise idea to take a refresher course after a winter away from the hog.

One of the topics covered is proper attire. Although government regulations only call for drivers to wear a helmet, SSNS recommends wearing boots, gloves, eye protection and approved head-to-toe clothing and helmet.

Norman says it's important to wear high-visibility clothing. Many SSNS instructors have been doing this and have had encouraging results. "Drivers notice motorcyclists a lot better when they're wearing something bright, versus the traditional black," says Norman.

For automobile driver training, SSNS has over 10 years experience in training new drivers. The comprehensive 35-hour course is recognized by Access Nova Scotia and all major insurance providers

and teaches the skills to avoid collisions and drive safe for life. Norman says what sets SSNS apart is its qualified experienced instructors and competitive pricing.

Other road safety programs offered are: defensive driving, winter driving, aging driver, driver assessments and private lessons.



Safety Services Nova Scotia (SSNS) offers motorcycle training courses for both new and experienced riders.

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Keeping Nova Scotians

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The illegal passing of school buses is a big issue in Nova Scotia, says Jackie Norman, the President and CEO of Safety Services Nova Scotia

Keeping the province safe

As part of its vision for a safe and healthy Nova Scotia, community safety is a very important area of focus for Safety Services Nova Scotia (SSNS).

For over two decades, SSNS has conducted an annual school bus safety awareness campaign to keep school bus safety top of mind for the general public and policy makers. "Illegal passing is a big issue," says Jackie Norman, the President and CEO of SSNS.

One hundred thousand children in Nova Scotia travel by school bus daily.

A 2006 survey highlighted the ongoing need to bring attention to this issue. Seventy-five per cent of the province's school bus drivers documented 401 incidents where vehicles illegally passed school buses. This survey was done over the course of only 10 school days.

Norman thinks part of the problem comes down to people not knowing and understanding the laws. When a school bus is parked with its red lights flashing and is picking up or dropping off students, it is illegal to pass by the bus, whether driving

behind the bus or coming towards it in the opposite lane.

The latest school bus safety campaign will be launched in October and includes a website (schoolbussafety.ca) which includes information for stakeholders such as parents, teachers, adults and children.

SSNS is also a resource for getting people in touch with the correct information regarding safety matters. In an age where information abounds on the internet, not all of it is accurate. For this reason, SSNS is an excellent resource to point people in the right direction.

"When we don't have the service, we usually have the connection," says Norman.

As a membership driven organization, SSNS members benefit from discounts on SSNS courses, events and services. It is also SSNS's goal to visit at least 25 per cent of its membership annually to better understand their needs.



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- Defensive Driving is approved for point deduction, graduated license exit and is often required for employment purposes. Courses offered monthly in Bayers Lake.

- Motorcycle Training – registration for 2011 begins this November! Contact Caitlin at ext. 227 for more information about novice and advanced training.

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50+ Years of Safety

Safety Services Nova Scotia (SSNS) is a non-profit organization devoted to providing road, occupational and community safety services, including on-site courses, customized training/consulting and audits.

Previously known as the Nova Scotia Safety Council, the organization has been in existence since 1958 and has pio-

neered many safety education and training programs which have helped improve the quality of life of Nova Scotians.

With a full-time staff of 12 people at its head office in the Bayers Lake Business Park, SSNS also employs an additional 110 employees (mostly instructors) across the province.



Firms should do an annual audit of their occupational health and safety (OHS) systems to ensure they are up to date and current.

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By the numbers

225 the total number of OHS courses offered by SSNS across the province to both the general public and businesses in 2009.

2293 the total number of students across the province who took part in SSNS's OHS courses in 2009.

1000 the number of students who took part in SSNS's online OHS courses in 2009.

4992 the total number of students across the province who took part in SSNS's road safety courses in 2009.

6 the number of demerit points against one's driver's license for illegally passing a school bus. There is also a \$397.71 fine.

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One-stop shop for occupational health and safety needs

Safety Services Nova Scotia (SSNS) is the leader in providing training, consulting and auditing services for occupational health and safety (OHS) in Nova Scotia. For businesses which have any doubts about their OHS policies and procedures, a phone call to SSNS should be a top priority.

"If you are unsure about any safety related issue in your workplace, call us up," says Jackie Norman, the President and CEO of SSNS. "We can certainly have one of our consultants come out and

provide insight and recommendations."

A "gap analysis" would look at a firm's existing OHS system and compare it to what is needed.

Norman recommends that firms do an annual audit of their OHS systems to ensure they are up to date and current. This is especially true for companies that are growing and evolving.

Onsite training is one of SSNS's specialties. "We go into companies and set up

courses on demand based on their needs," says Norman. "We customize the programming to reflect that."

Last year alone, SSNS delivered 225 OHS courses to 2,293 people across the province. The student feedback was also high, with 98.6 per cent of people reporting that the courses met or exceeded their expectations.

Another service SSNS offers is a certificate of recognition (COR), of which SSNS is one of several authorized provider

agencies in the province. This process involves auditing a business's workplace safety system. If the system is determined to be effective, the business becomes eligible to receive the certificate. This certificate is often listed as a prerequisite in applying for tenders.

In Nova Scotia, Norman says there is room for improvement towards OHS, noting that complacency and a culture of "it can't happen to me" are challenges.



Safety Services Nova Scotia (SSNS) offers courses in occupational health and safety, such as Forklift Awareness.

Annual safety conferences to be held in March

Safety Services Nova Scotia will be holding its annual occupational health and safety conference and trade show March 23 to March 25, 2011 at the Westin Nova Scotian Hotel. This will mark the 29th year the event has been held. This year's theme is the human factor, meaning the role people play in health and safety.

The conference will feature about 40 workshops, plant tours and 60 speakers. Topics such as ergonomics, hazard recognition and professional development for safety managers will be presented.

The trade show component of the event will have about 60 booths (many of them interactive) which will showcase personal

protective equipment and the latest safety technology.

An additional event with a different focus was added this year. The 2nd annual road safety conference (which is a one day event) will be held on March 23rd. This event will focus on impaired drivers, speed and distracted drivers as these are the areas that cause the most death and injury on Nova Scotia's roads.



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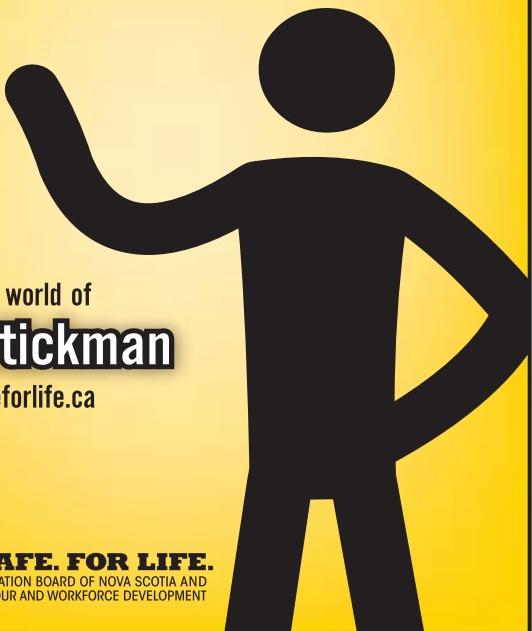
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Nova Scotia's newest workplace safety spokesperson, Rod Stickman, salutes Safety Services Nova Scotia.

Congratulations from the Department of Labour and Workforce Development and the Workers' Compensation Board of Nova Scotia.





ISTOCK PHOTO

Don't use it if you can't spell it

- What to look for in a shampoo ► Expert warns against 'organic' claims
- Recommends always reading the ingredients to know what's in it

 CELIA MILNE
WELLNESS@METRONEWS.CA

It may smell like a sea breeze, but does your shampoo harbour nasty chemicals?

If you're longing for purity, you're not alone.

There are safer, simpler hair care products out there, but how do we find them?

"As a general rule," says Janelle Witzel, program manager of Toxics and Health at Environmental

Defence, "people should look for products made with the fewest number of ingredients and those made with ingredients that have names they can understand."

Ergo, citric acid good; sodium hydroxymethylglycinate bad. Labels can be misleading, says Witzel.

"Claims or names that include 'natural,' 'eco' or 'organic' on the front of the bottle should always be verified by looking at the ingredient list on the back."

"People should look for products made with the fewest number of ingredients and those made with ingredients that have names they can understand."

JANELLE WITZEL, TOXICS AND HEALTH AT ENVIRONMENTAL DEFENCE IN TORONTO

A word of warning: safer, healthier shampoos often cost more than

mainstream ones.

You may be able to find out more about your shampoo by visiting cosmeticsdatabase.com, which ranks the safety of personal care products on a scale of one to 10.

It is a U.S. site.

Picking up on the purity trend, The Body Shop now offers its Rainforest Hair Care Collection, which is free of silicones, colourants, and parabens. This line of shampoos and conditioners is non-toxic and biodegradable.

Avoid these

We asked Janelle Witzel from Environmental Defence (ED) — an organization that protects human health — to alert us to some of the ingredients we should avoid when buying shampoo.

► **Sodium laureth sulfate and sodium lauryl sulfate:** These are lathering agents. Sodium lauryl sulfate is a known skin irritant and suspected liver toxin. Sodium laureth sulfate, like other chemicals that have "eth" in their name (e.g., polyethoxylate glycol — or PEG), may be contaminated with 1,4-dioxane, a chemical which is suspected of causing cancer.

► **Cyclomethicone and siloxanes (e.g., cyclotetrasiloxane, cyclopentasiloxane, or cyclohexasiloxane):** Substances that make things shiny and are suspected of interfering with the hormonal system. They also irritate the skin, eyes, and lungs, and can stick around in the environment for a long time.

► **Fragrance/Parfum:** Often contains some phthalates to help scents last longer. Phthalates are a group of man-made chemicals that disrupt the hormonal system, and can cause infertility and birth defects of male reproductive organs.

► **Triclosan:** An antimicrobial/antibacterial agent that can weaken the immune system, disrupt the hormonal system, and convert to chemicals known to cause cancer.

► **DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine, quaternium-15, and sodium hydroxymethylglycinate:** Preservatives that release small amounts of formaldehyde over time. Formaldehyde is a recognized human carcinogen and a substance that has been linked to various other health effects.

3 life

What to buy



WebMD listed these Top 10 Foods for Healthy Hair:

- Salmon
 - Dark green vegetables
 - Beans
 - Nuts
 - Poultry
 - Eggs
 - Whole grains
 - Oysters
 - Low-fat dairy products
 - Carrots
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Myths

Dr. Tanya Sitter, optometrist, answers your questions about children's eye health.

► My daughter is three years old, and not even old enough to read. Why would she need an eye exam? Eye exams can identify eye and vision problems in infants and children of all ages. For example, am-

blyopia (lazy eye) if left undetected and untreated can result in poor vision which cannot be corrected.

► Aren't vision tests the same as eye exams from an optometrist? No they are not the same. It does not measure any of the other components of the visual system such as depth perception or eye health.



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Bringing eye health into focus

► **Why taking your child to see an optometrist annually for a routine eye exam is a must** ► Not detecting vision problems at an early age can lead to a lifetime of difficulties for them

Children's eye health is generally overlooked by Canadian parents with nutrition and socializing ranked higher priorities.

Evidence shows that the majority of Canadian parents wouldn't be able to detect if their child had an eye or vision problem. Moreover, only four per cent of parents surveyed by Leger Marketing would immediately think that difficulties in school could be linked to poor eye sight.

Optometrists at routine eye examinations can detect vision and eye health issues which if left undetected could cause lasting problems, potentially affecting other areas of a child's life. The Canadian Association of Optometrists encourages parents to take their children as young as six months for an eye exam and has the following tips for parents:

- 20-20 vision doesn't necessarily mean healthy eyes. Research shows 98 per cent of Canadian optometrists have detected vision problems in children despite parents' claims of 20-20 vision.

- A common misconception is that children need to be able to read in order to have their eyes checked. In fact, the Canadian Association of Optometrists recommends eye exams in infants by six months, at age 3, and annually from



► Make your child's eye health a priority from a young age.

ages 5 to 19.

- Be alert for signs that your child could have a vision problem. If your child is losing his or her place while reading, rubbing his or her eyes or performing below his or her potential

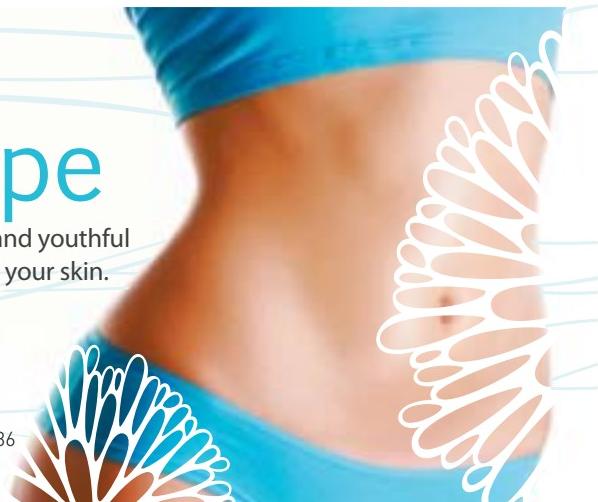
in school then take your child to their optometrist for an eye exam. For more information on what to look for, visit opto.ca

An eye examination will include:

- A review of your child's health and vision history

- Tests for nearsightedness, farsightedness, astigmatism, and focusing ability.

NEWS CANADA





► Why is it some of us end the summer a little thicker
 ► Lee Mullins of Bodyism tells us both sides

The skinny story



Less stress
 The less stressed we are

the less cortisol is produced.

Cortisol is a hormone released when our bodies are stressed, and is linked to us storing fat on the tummy.

Sun exposure
 Our body absorbs vitamin D from the sun's rays.

Vitamin D boosts our immune system and helps us maintain healthy bones throughout our bodies.

Sun exposure is good in moderation but if you get too much it will damage skin.

Regular eating
 Having time allows us to eat more regularly, pre-

venting us from skipping meals or overeating at the last meal towards the end of the day.

Fitting meals around hectic schedules can lead to erratic eating habits whereas on holiday we tend to eat at similar times each day which helps keep our metabolism going strong.

More sleep

Less stress generally leads to more sleep and that's a very good thing for your health.

A good night's sleep (7-8 hours on average) enables the body to repair and recover itself more efficiently — enabling workouts more often.

The plus size story

Relaxing right

Did you spend your summer lazing by the poolside or hiking and water skiing? Spending the day laying on the beach isn't the most active, especially if your body is used to regular gym workouts or just an overall active, physical lifestyle.

Diet

We tend to overeat because of the extra time we have to sit down and enjoy our meal rather than eating meals scattered throughout the day.

Without even realizing it, our sugar and carbohydrate intake increases over time.

Combine this large intake with lack of exercise and you will eventually begin accumulating more body fat.

Alcohol

Cocktails are nothing more than sugar and toxins.

If you're going to be drinking go for a glass of red wine high in antioxidants.

Stay hydrated with the right drinks such as water and herbal teas and not sugary sodas.

Late nights

Late nights caused by too much partying or jet lag can lead to us storing up more fat, messed up hormones and low energy levels.

Sleeping in late will only make you feel more lethargic whereas getting 7-8 hours sleep increases energy levels.

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Fall food equals comfort

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As fall approaches we have to take advantage of the fresh seasonal produce available. Roasted fall vegetables and a delicious pork tenderloin fits the bill. Serves six, enjoy!

Preparation:
Baked root vegetables with maple syrup and cinnamon

- Preheat the oven to 425°F. Line 2 baking sheets with foil and coat

with cooking spray.

- Arrange the sweet potatoes, potatoes, squash, onion, parsnips and beets in a single layer on the lined baking sheets. Lightly coat with cooking spray. Bake in the centre of the oven for about 25 to 30 minutes, turning after 20 minutes or just until browned and tender. If the trays are on separate racks, switch their positions halfway through the cooking time. Bake the beets an extra 10 minutes, or until fork



tender. Place vegetables on a serving platter.

- To make the dressing, whisk together the olive oil, vinegar, maple syrup and cinnamon in a small bowl. Pour the dressing over the vegetables. Garnish with parsley.

Orange-glazed pork tenderloin

- Preheat the oven to 375°F. Line a baking sheet with foil coated with cooking spray.
- To make the stuffing, combine the cranberries, walnuts, cinnamon,

- Open the pork loin like a book and stuff with the fruit and nut stuffing. (If you would like to make this easier to roll, first pound the pork to a 1/4-inch thickness before stuffing.) Secure with either kitchen string or toothpicks. Set a large, nonstick grill pan or skillet lightly coated with cooking spray over medium-

- cloves and walnut oil in the bowl of a small food processor. Pulse on and off until the mixture is crumbly. Add the diced brie and pulse once or twice, just to combine.
- Meanwhile, prepare the glaze by combining the orange juice concentrate, jelly, vinegar, olive oil, orange zest and garlic in a small saucepan. Set over medium heat for 1 minute and drizzle over the sliced pork. Garnish with parsley.

Ingredients:

Bake root vegetables

- 1 lb sweet potatoes, unpeeled and cut into wedges
- 1 lb Yukon Gold potatoes, unpeeled and cut into wedges
- 1 lb butternut squash, peeled and cut into 2-inch pieces
- 1 large sweet yellow onion, cut into 8 wedges
- 2 large peeled parsnips, cut into 2-inch pieces
- 2 peeled beets, cut into 1-inch pieces

Dressing

- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 2 Tbsp maple syrup
- 1/2 tsp cinnamon

high heat and sear until browned on all sides, about 2 or 3 minutes on each side. Place on the baking sheet and bake for about 20 minutes or until cooked to medium (until the meat reaches an internal temperature of 145°F). Wait for 10 minutes before slicing.

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Quality milk delivers quality cheese



Creamy, sharp, smooth, delectable... adjectives roll off your tongue the moment Damafro's cheese touches it.

With its varied selections like brie and camembert tempting customers across Canada, this Quebec-based company is proving that local ingredients can produce world-class taste. All it takes is know-how, along with the best ingredients like Canadian milk.

"The 100% Canadian Milk symbol is our label of quality," explains Philippe Guérineau, Damafro's Marketing Manager. "It underlines our commitment to producing the best cheese you can eat, because, as you can see, we're using the top ingredients available."

Damafro's cheeses, which bear the 100% Canadian Milk symbol, are made with the utmost care—and always with safety in mind. The Damafro plant is located in Saint-Damase, almost in the middle of Quebec's small but agriculturally rich Montérégie region. Every day it takes deliveries of raw milk from some 100 dairy farms speckled across Montérégie, and that milk must meet a high standard before it becomes part of the company's products.

For recipes and more info on 100% Canadian milk, go to metroneWS.ca/canadianmilk

"We dedicate one section of our plant to deliveries."

says Philippe. "Traffic to and from that section is very limited. Any piece of equipment used there is marked with a red symbol, so if we see a red-marked object outside that area, we know it must be cleaned and sterilized before it's returned. We even have our employees change in and out of red clothing, to ensure there is no outside contamination."

With precautions like these in place, it all comes down to the milk itself. In addition to testing for contaminants, Damafro also checks for an ideal balance of fat, sugar, and protein, which is essential for its cheese-making process. There is no room for second-best. As Philippe says: "Great cheese needs great milk. And Canadian milk is the best there is."



Behind this symbol is a source of pride.

We can be proud of products bearing the 100% Canadian Milk symbol. It means they are made from locally produced milk renowned for its purity, high quality and great taste.

Look for this symbol on your dairy products.

aSourceOfPride.ca

Plan for kid fun this fall

► The change in season brings a host of things to do with your children

The change in season brings a host of fun things you can do with your children. Raise their spirits with these fall activities:

1. Look at leaves — then jump in them. Visit a park or trail to admire the beauty of the red, orange, and yellow leaves. Let your children get messy as they jump into piles of leaves or have leaf fights.

2. Go apple-picking. Apples are prime for the picking in autumn. Bring your family to an orchard for an educational and enjoyable outing.

3. Bake something with pumpkin. Pumpkins are a great source of beta-carotene; vitamins C, K, and E; and lots of minerals like potassium, magnesium, and iron. Go online to find some kid-friendly pumpkin recipes that you and your children can try. Then enjoy

your finished product — or better yet — share it with others.

4. Donate to charity or volunteer. Your local food bank may need an extra set of hands to pack and distribute canned goods from fall food drives. Teach your children about the importance of helping others by volunteering together. You can also encourage them to help children and families in need around the world by donating gift items like school uniforms and vegetable seed kits through Christian Children's Fund of Canada, an international child development organization.

5. Participate in community events. Look into your town's local listings for special festivals and events. **NEWS CANADA**

ST. PATRICK SPARKS ROMANCE

Names: Kara, 23, and Matthew, 27

Hometown: Fort Saskatchewan, Alta.

Together since: 2007

Their story:

How We Met:

Kara & Matthew

"I [Matthew] am a land surveyor and in March 2007, I was working in my hometown for a couple of weeks, staying with my parents ... My sister and I decided to get some friends together for St. Patrick's Day.

"When I showed up at the house after work, I was surprised to see a beautiful (woman) there (Kara) — she was my sister's friend



► Kara and Matthews met on St. Patrick's Day.

and I found out she'd be joining us for the night. We headed to Boston Pizza for some green beer and apps, and then hit up the town nightclub, which was pretty much deserted, so we all decided to play pool. Before long, I was paired

up with Kara. We cleaned up at the table — there was definitely chemistry there!

"The following week, I called the salon where Kara worked to book a haircut, and we began dating right after that appointment.

"We now live together and, once in a while, I sit back and wonder how I got so lucky."

WE WANT TO KNOW
HOW YOU MET! GO TO
2FORCOUPLES.COM NOW TO
SUBMIT YOUR LOVE STORY.



JOIN US IN THE FIGHT AGAINST PROSTATE CANCER

The week of September 19th is Prostate Cancer Awareness week. 1 in 6 Canadian men will be diagnosed with the disease in their lifetime. If you're over 40, talk to your doctor about the merits of PSA blood testing. Visit prostatecancer.ca for more information.



Putting book learning to test

SUBMITTED/DALHOUSIE UNIVERSITY

► Dalhousie students get paid work through corporate residencies, while getting their MBA's



Dalhousie University in Halifax offers Canada's only Corporate Residency MBA, giving budding business students insider access to some of the world's top companies as a part of getting their education.

The 22-month course breaks up into 14 months of classroom-based learning and an eight-month

corporate residency. Corporate partners range from American Express to Shell Canada and the in-house work experience lets students apply their book knowledge to the real world.

"The corporate residencies are paid," says Scott Comber, director of the program.

"They have MBA-level positions and MBA-level salaries. We feel that it off-

sets part of their tuition."

Comber says last year was the program's first and it exceeded expectations, both in terms of the curriculum and the quality of the residencies.

Students landed positions from South Africa to Calgary. The first class graduates in the spring of 2011.

"We've got three types of residencies: Corporate, self-directed and entrepreneurial," Comber explains.

For corporate residencies, Dalhousie presents students with opportunities from companies with which the university has an existing relationship. For self-directed, students bring a particular position — say with Bombardier in Paris — and Dal helps them make it happen. Entrepreneurial is for students who want to work for themselves; Dal provides guidance and support.

Personal note

► Dalhousie University MBA student Katie Baglole recently finished her residency at TD Bank Financial Group in Toronto. The position, which dealt with trading risks services, was her dream job. "It was excellent — a really great opportunity," she says. "It was really exciting to see what I was learning in my

finance class and experience it in the real world with real markets."

► Baglole worked next to the vice-president and managing director, which she expects will put her in a great position should a job arise after she graduates in May.

"It was really open, really supportive," she says. "I built a strong network there," she says.



► Katie Baglole completed her residency at TD Bank Financial Group in Toronto.

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PROFESSIONALS**



Quoted



"I'm not going to step out on the field until I actually feel 100 per cent. Right now, it's tight. I can feel that it's tight. Once I don't feel that tightness anymore, that's when I'll get out on the field."

JETS CORNERBACK
DARRELLE REVIS, ON HIS STRAINED LEFT HAMSTRING

"With hamstrings, you really can't tell. Could he play in nickel situations? Is it best to rest him the whole time? We've got to be smart with this one."

JETS COACH REX RYAN



Scan code for more sports

QMJHL				
Scoreboard				
ATLANTIC DIVISION				
W	L	OTL	Pts	
SAINST JOHN	4	0	0	8
ACADIE-BATHURST	3	1	0	6
CAPE BRETON	2	2	0	4
MONCTON	1	2	1	3
HALIFAX	1	3	0	2
P.E.I.	1	3	0	2

EAST DIVISION				
W	L	OTL	Pts	
QUEBEC	3	0	1	7
VICTORIAVILLE	3	1	0	6
CHICOUTIMI	3	1	0	6
RIMOUSKI	2	2	0	4
LEWISTON	1	2	1	3
BAIE-COMEAU	1	3	0	2

WEST DIVISION				
W	L	OTL	Pts	
DRUMMONDVILLE	4	0	0	8
SHAWINIGAN	2	2	0	4
VAL-D'OR	2	2	0	4
MONTRÉAL	1	1	2	4
GATINEAU	1	2	1	3
ROUYN-NORANDA	1	3	0	2

MONDAY-TUESDAY

No Games Scheduled.

WEDNESDAY'S GAMES

Acadie-Bathurst at P.E.I., 8 p.m.
HALIFAX at Baie-Comeau, 8:30 p.m.
Moncton at Rimouski, 8:30 p.m.

THURSDAY

No Games Scheduled.

FRIDAY'S GAMES

P.E.I. at Cape Breton, 8 p.m.
Acadie-Bathurst at Lewiston, 8 p.m.
Rouyn-Noranda at Quebec, 8 p.m.
Val-d'Or at Victoriaville, 8 p.m.
Saint John at Montreal, 8:05 p.m.
Moncton at Baie-Comeau, 8:30 p.m.
HALIFAX at Chicoutimi, 8:30 p.m.
Drummondville at Gatineau, 8:30 p.m.
Rimouski at Shawinigan, 8:30 p.m.

SATURDAY'S GAMES

Val-d'Or at Montreal, 4:05 p.m.
(changed from 5:05 p.m.)
Moncton at Chicoutimi, 5 p.m.
Rouyn-Noranda at Victoriaville, 5 p.m.
P.E.I. at Cape Breton, 8 p.m.
Saint John at Drummondville, 8 p.m.
Acadie-Bathurst at Lewiston, 8 p.m.
HALIFAX at Quebec, 8 p.m.

SUNDAY'S GAMES

Shawinigan at Gatineau, 5 p.m.
HALIFAX at Rimouski, 5 p.m.



► Moose centre Brent Andrews was named offensive player of the week yesterday after scoring five goals in two games.

Reunited and it feels so good

► Herd has full roster for first time this season ► Hannay returns from Canucks in time to help his club during tough string of upcoming games



MATTHEW WUEST
@METRONEWS.CA

The Halifax Mooseheads will have their full roster available as they dive headfirst into one of their toughest weeks of the season.

The Mooseheads, who play four games in five days starting tomorrow at 8:30 p.m. against the Baie-

Comeau Drakkar, learned yesterday defenceman Sawyer Hannay had been reassigned to the QMJHL by the Vancouver Canucks.

With the rugged 18-year-old back in the fold, the Mooseheads have their full roster — excluding extra goalie Peter Delmas — for the first time all season.

The Mooseheads, 1-3

overall, are hoping to build off last weekend's split in New Brunswick.

"There are a lot of good things going on," said head coach and general manager Cam Russell.

Russell said he wants to see more finish from his club, despite 16 goals in four games and a 5-of-23 power play.

"When we get chances, we have to bear down on

them and bury them," he said. "Our power play has been pretty good but it's got to get better if we want to win hockey games."

Delmas, 20, survived the first round of cuts at Montreal Canadiens training camp yesterday and is expected to either sign an NHL contract and play pro or be traded to another junior team.

Attack on giant nut planned in advance

Turns out, the Bobcat had it in for the Buckeye all along.

"It was actually my whole plan to tackle Brutus when I tried out to be mascot," said Brandon Hanning, formerly known as Ohio University's Rufus Bobcat. "I tried out about a year ago, and the whole reason I tried out was so I could come up here to Ohio

State and tackle Brutus."

And that's what he did Saturday, wrestling with an unsuspecting Brutus.

The tussle led to an apology from Ohio University yesterday and the 19-year-old Hanning is banned from further affiliation with the school's athletics department.

THE ASSOCIATED PRESS



► Brutus is attacked.

Sports in brief

Drury will miss 4 weeks

RANGERS. Rangers captain Chris Drury is out for four weeks because of a broken left index finger.

The 34-year-old centre was injured while blocking a shot yesterday during a scrimmage. Drury will likely be sidelined for the entire pre-season and at least the regular-Oct. 9 season opener at Buffalo.

Bills switch quarterbacks

NFL. Buffalo Bills coach Chan Gailey wasted no time in trying to find a spark to his anemic offence by announcing Ryan Fitzpatrick will replace Trent Edwards as the team's starting quarterback.

Gailey announced the move after team meetings yesterday, a day after the offence failed to perform in a 34-7 loss at Green Bay.

THE ASSOCIATED PRESS

Eagles not ready to give reins to Vick

► Vick reduced to backup role against Jacksonville Sunday as Kolb scheduled to return from injury

Michael Vick is more likely to begin the game at wide receiver than quarterback this week.

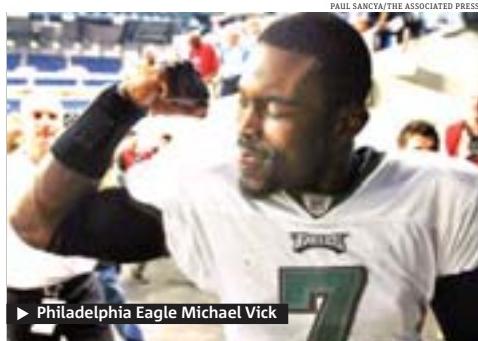
Philadelphia Eagles coach Andy Reid said Kevin Kolb will be the starting quarterback Sunday at Jacksonville, despite a pair of impressive performances by Vick.

Kolb has been cleared to practise after missing the second half of a season-opening loss to Green Bay and Sunday's win over Detroit because of a concussion. So he will start unless he has a setback this week.

Vick still will play in Philadelphia's version of the wildcat offence. In the first play of the season, he lined up as a receiver.

"I think it's a beautiful situation," Reid said yesterday. "I look at it a lot differently than other people look at it."

"I've got two quarterbacks that can play at a very important position. I'm a happy guy about it. There are a lot of teams that don't have good quarterbacks, ones that they feel like they can win with, and I feel like we can with both of those guys."



QB reshuffling

Vick wasn't the only quarterback involved in a reshuffling.

Rookie Jimmy Clausen will start over Matt Moore when the Panthers (0-2)

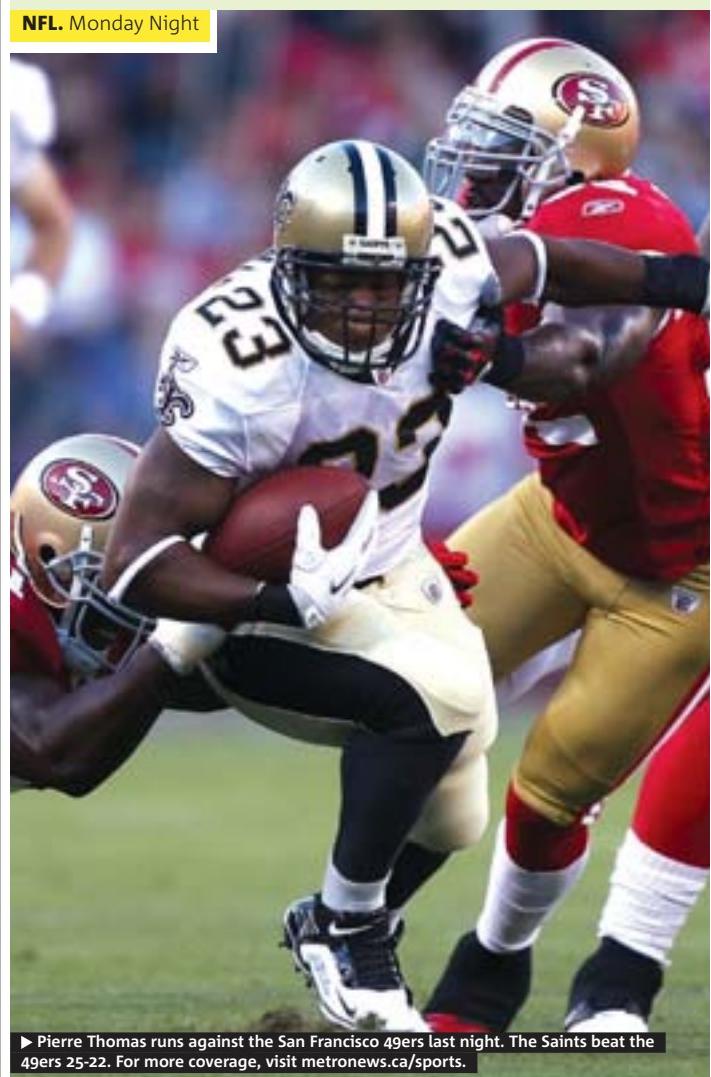
play the Cincinnati Bengals Sunday.

► Oakland's Jason Campbell was benched in favour of Bruce Gradkowski, who led the Raiders to a 16-14 win over St. Louis Sunday, and this week's starter against Arizona has not yet been announced.

start in almost four years.

A three-time Pro Bowl pick during six seasons in Atlanta, Vick missed two seasons while serving an 18-month sentence in federal prison for his role in a dogfighting operation.

THE ASSOCIATED PRESS



► Pierre Thomas runs against the San Francisco 49ers last night. The Saints beat the 49ers 25-22. For more coverage, visit metronews.ca/sports.

JED JACOBSON/GETTY IMAGES

Bush injured in fourth quarter

New Orleans Saints running back Reggie Bush was helped off the field in the fourth quarter with an undisclosed injury last night. Bush hurt himself after recovering his muffed punt with 6:58 remaining against the San Francisco 49ers. He was tended to by trainers and then tried to walk off the field favouring his right leg. He fell back to the turf and was worked on again before being helped off the field. There is no immediate word on the injury. Bush was taken on a cart to the locker-room shortly after the injury, getting hugs from his teammates. Bush is playing for the first time since giving back his 2005 Heisman Trophy won while at USC. THE ASSOCIATED PRESS

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Penguins give GM extension

Penguins general manager Ray Shero, whose deft handling of the salary cap and mid-season hiring of coach Dan Bylsma in 2009 helped Pittsburgh win its first Stanley Cup in 17 years, has agreed to a five-year contract extension that runs through the 2015-16 season.

Shero's current five-year contract would have expired at the end of this season.

THE ASSOCIATED PRESS

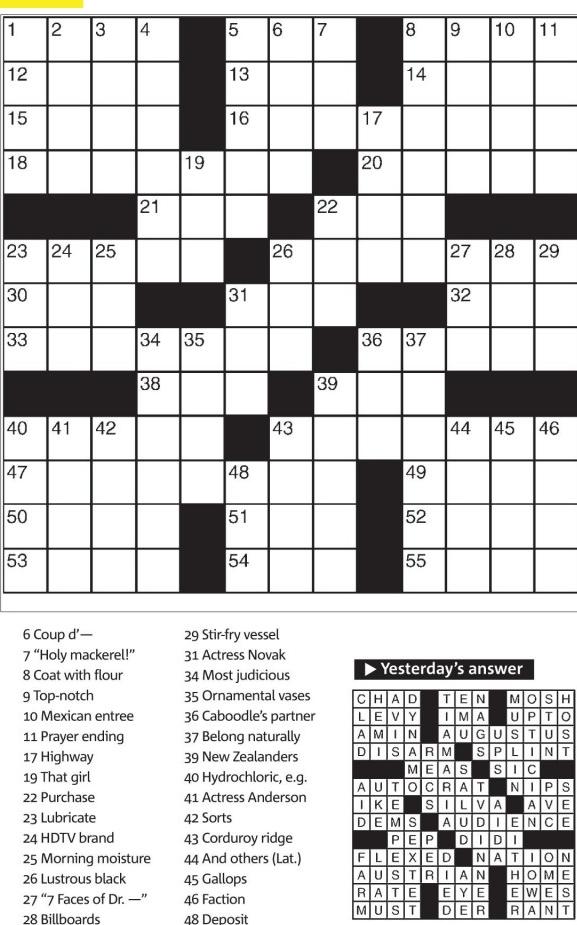
Crossword

Across

1 "Scram!"
 5 Kitten's call
 8 Information
 12 Arizona tribe
 13 Judge Lance
 14 Wander
 15 Sheltered
 16 "— of Arabia"
 18 Construction worker
 20 Ancient Greek theater
 21 Longing
 22 Suitcase
 23 Restaurant request
 26 "Cold Mountain" actor
 30 Hockey milieus
 31 Crucial
 32 Fuss
 33 Docket entry
 36 Newsstand, e.g.
 38 Branch
 39 Family
 40 Straighten
 43 Loses vitality
 47 Cabbage recipe
 49 Needle case
 50 Tattoo parlor supply
 51 "The Greatest"
 52 McNally partner
 53 Odometer stat
 54 "Of course"
 55 Otherwise

Down

1 Persian bigwig of yore
 2 Soda pop choice
 3 Mimic
 4 Color a shirt, hippie-style
 5 Italian city



Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20 You won't stand for any kind of nonsense today. You have lots to do and not much time in which to do it and anyone who wastes that time will soon regret it!

Cancer June 22-July 22 You may think that no one has noticed your little mistake but towards the end of the day you will be reminded of the fact that everything in life must even out in the end.

Leo July 23-Aug. 23 The Sun opposes Uranus, planet of upheavals, so something in your life will be disrupted, maybe in a small way, maybe in a big way, but certainly in a way that demands you take action.

Virgo Aug. 24-Sept. 22 You will be quite vocal today in your condemnation of what a friend or work colleague is up to. You don't just disagree with it in principle, you think it will have a negative knock-on effect on you and others.

Gemini May 22-June 21 A problem you thought had a simple solution will turn into an even bigger and more bewildering problem today, thanks to the negative influence of retrograde Jupiter.

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Sudoku

			9	4			1	2
8	2				3	5		4
							2	4
9							8	9
1	6							5
7		3						
5			1	8			7	9
7	4				6	3		

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

May I'm truly in love with you and I miss you every single day in my life. Soon we gonna be together and everything is gonna be fine. Hold on our love and keep our trust and faith. I love you so much.

LOVE ALWAYS NEEDED

Hii squishy bug! I just wanna say that I think of you all the time.. I care for you a lott. I know I haven't been my best, but I appreciate every moment that I spend with you, and all you've done for me!

YOURS, POOCHIE

For the last few days I have seen how it would be without you, and realized that I can't spend a single day without you ... You mean the world to me and I never want to give that up. You make me smile, you are my happiness, you are my one true love, you are my everything. I LOVE YOU PINKY XOXO

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

C	H	A	D	T	E	N	M	O	S	H
L	E	V	Y	I	M	A	U	P	T	O
A	M	I	N	A	U	G	S	U	T	S
D	I	S	A	R	M	S	P	L	I	N
M	E	A	S	I	C	O	T	P	S	H
A	U	T	O	C	R	A	T	N	I	P
I	K	E	S	I	L	V	A	E	V	E
D	E	M	S	A	U	D	I	E	N	C
F	L	E	X	E	D	N	A	T	O	N
R	A	T	E	E	D	E	W	E	S	T
M	U	S	T	D	E	R	R	A	N	I

3	8	9	7	5	1	6	2	4
7	5	2	3	4	6	1	9	8
4	1	6	8	2	9	5	7	3
5	7	3	9	8	2	4	6	1
6	2	1	4	7	3	9	8	5
8	9	4	1	6	5	7	3	2
9	6	5	2	3	4	8	1	7
1	3	8	5	9	7	2	4	6
2	4	7	6	1	8	3	5	9

Today



17° / 10°
Partly cloudy

Wednesday



22° / 11°
Variable



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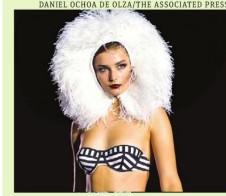
Caption contest



"You put what in here?!"
HEATHER BRAITHWAITE

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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AIR CANADA VACATIONS

Deals of the week

CUBA

Cayo Coco/Cayo Guillermo via Toronto
TRYP Cayo Coco • 4★
All-Inclusive • Standard rm.
Oct. 9 & 16 • 1 wk.

\$589

+Taxes & other fees
(including service charges): \$240

Santa Clara via Toronto

Royal Hideaway Ensenachos • 5★
All-Inclusive • Royal spa rm.
Nov. 13–Dec. 11 • 1 wk.
FREE upgrade
to Royal spa premium rm. (including service charges): \$240

\$1079

+Taxes & other fees
(including service charges): \$240

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Oct. 1–25 • 1 wk.

\$899

+Taxes & other fees
(including service charges): \$293
Please add \$50 for Sat. & Sun. departures

COSTA RICA

Liberia via Toronto
Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
Nov. 7, 21 & 28 • 1 wk.

\$1229

+Taxes & other fees
(including service charges): \$221

USA

Las Vegas via Toronto

Tropicana • 3★
Best in class - Tower deluxe rm.
Nov. 23 & 30 • 4 nts.

\$649

+Taxes & other fees
(including service charges): \$174

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\$1219

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